

Case Study – Volunteering Hebrides – The Embark Community Activities Project



Children's Cycle Library

Jacob's* family have had two free bike loans from the Children's Cycle Library, having returned the first bike when Jacob outgrew it and swapped it for a larger size. Before receiving his first loan, Jacob had only cycled on a tricycle. When he first borrowed a bike from the library, he started with stabilizers, but after a few months he had learned to ride without them. He is a good rider now and loves to go out for a ride. Having access to a bike from a young age has helped Jacob to develop a love of cycling and develop confidence on a bike.

Jacob's dad commented:

"It's a great opportunity for my son. When the weather is nice, he can easily go out for a bike ride and enjoy himself, something he really loves to do."



Community Cycling Group

Joan has participated in our Embark Community Cycling Project during the last year. When she first got involved, she had not cycled for about 20 years and had never used an e-bike before. Since she joined our group, she has found her balance again and now she can go up and down the hills easily, benefitting from loaning an e-bike as the power assistance helps her to enjoy her ride.

Walking and Wheeling Group

Dave joined the Embark Social Strolls group in December 2024, initially to help boost his fitness as he was in early preparation for a replacement hip operation. He soon found that as well as enjoying the walking, he really appreciated the company and met many new people. He found that the combination of a relatively gentle walk was made much more fulfilling when talking with likeminded people. The walks are now a regular part of his week.

"One feels very safe with the group and walking routes are adapted to suit all, so we are never overstretched and always feel within our capabilities."

I took a break from the group following my hip operation but as soon as I was able I was very happy to rejoin and appreciated the care and understanding... to build up back to a sensible distance."

*Names of participants changed